


DAKOTA SENIOR MEALS
NORTH SIOUX CITY
605-232-0808

FEBUARY 2016

Nutritional information is available at the site. All menus are subject to change. All meals are served with wheat bread and 1 % milk unless otherwise noted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Baked Steak 1/2c potato salad 1/2c mixed veggies 1/2c pears AA9	2 Chili cheese dog 4oz Tater tots ½ c 3 bean salad ½ Grapefruit CO39	3 <u>National soup day</u> 8oz Chunky chicken and vegetable soup ¾c crunchy cranberry salad Wheat dinner roll 27-3	4 8oz Beef stew ½ c brown rice pudding 4oz Fruit juice ½ c Pineapple Biscuit CO83	5 Roast pork ½ c sweet potatoes ½ c cooked cabbage ½ c apricots cookie
8 4oz Beef tips over ½ c buttered noodles ½ c Corn bake ½ c tossed salad with cheese ½ c almond peaches C6	9 4oz Oven fried chicken with 2oz country gravy ½ c mashed red potatoes with sour cream and chives ½ c peas Cornbread Strawberry shortcake CO11	10 <u>Birthday meal</u> BBQ ribs 1/2c potato wedges Spinach salad w/ mandarin oranges 1/2c jello CM46	11 3oz Liver and onions or hot roast beef sandwich 1/2c mashed potatoes 1/2c Stewed tomatoes 1/2c Waldorf salad 1/2c oranges 4-2	12 ¾ c Tuna noodle casserole ½ mixed veggies Tossed salad banana
15 PRESIDENTS DAY  CLOSED	16 Porcupine meatball 1/2c mashed potatoes 1/2c green beans with onions 1/2c peaches Strawberry muffin AA13	17 3oz Pork chop with mushroom sauce ½ c sweet potatoes ½ c green beans ½ c mixed fruit A8	18 4oz Salisbury steak w/ gravy 1/2c mashed potatoes 1/2c corn 1/2c plums 4oz Orange juice 20A1	19 3oz Baked fish 1/2c company potatoes 1/2c stewed tomatoes 1/2c tropical fruit B20
22 Polish sausage with sauerkraut ½ c Parsley buttered noodles ½ c Broccoli ½ c Grapes	23 Spaghetti and meatballs 1/2c Italian veggies 1c toss salad 1/2c peaches French bread B22	24 4oz pork roast w/ gravy 1/2c Mashed potatoes 1/3c spinach 1/2c apricots 2T cranberry sauce C8	25 <u>National Chili Day</u> 8OZ Chili Cinnamon roll 1/2c Baby carrots 1/2c Yogurt 1/2c Oranges D11	26 4oz Baked steak with mushrooms and onions 1/2c brown rice 1/2c carrots ¾c jello w/ fruit